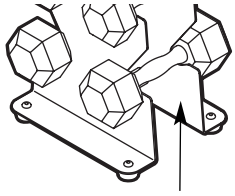
PRO-FORM® C650

Model No. PFTL1354B0
Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

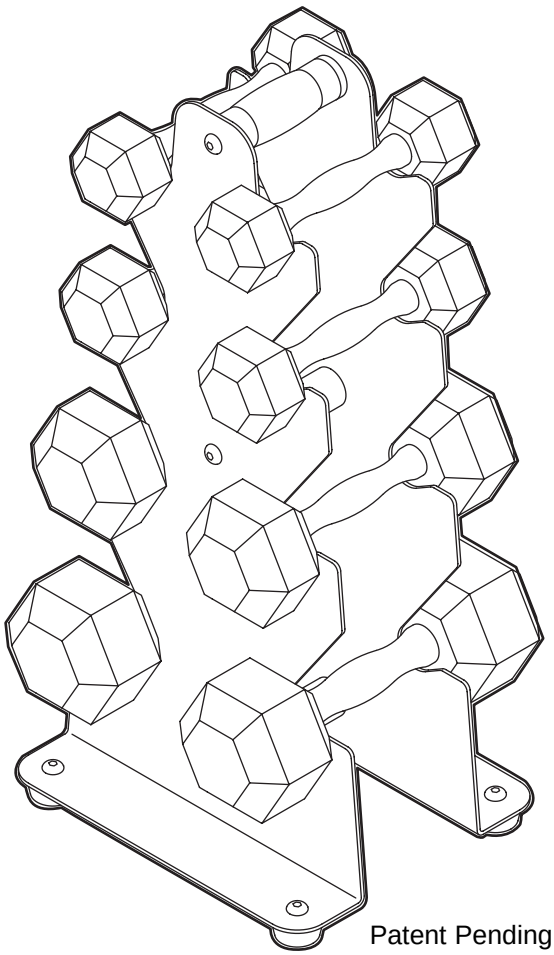
TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge.

CUSTOMER HOT LINE:
1-800-999-3756
Mon.–Fri., 6 a.m.–6 p.m. MST

⚠CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



Patent Pending

Visit our website at

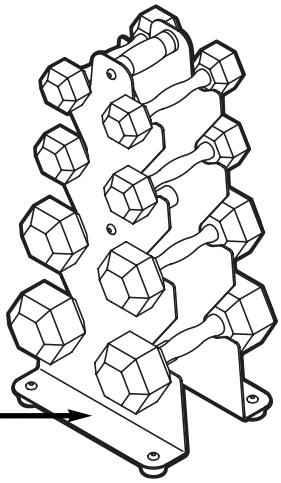
www.proform.com

new products, prizes, fitness tips, and much more!

WARNING DECAL PLACEMENT

The decal shown here has been placed on the weight rack. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the decal in the location shown.

WARNING
• Misuse of this product may result in serious injury.
• Read user's manual and follow all warnings and operating instructions prior to use.
• Do not allow children on or around machine.
• Replace label if damaged, illegible, or removed.



IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight rack.

1. **Read all instructions in this manual before using the weight rack. Use the weight rack only as described in this manual.**
2. **It is the responsibility of the owner to ensure that all users of the weight rack are adequately informed of all precautions.**
3. **The weight rack is intended for home use only. Do not use the weight rack in any commercial, rental, or institutional setting.**
4. **Use the weight rack only on a level surface. Cover the floor beneath the weight rack to protect the floor.**
5. **Keep children under 12 and pets away from the weight rack at all times.**
6. **Always wear athletic shoes for foot protection while exercising.**
7. **The weight rack is designed to support a maximum total weight of 65 pounds.**
8. **Always stack the heavier dumbbells on the lower part of the rack and the lighter dumbbells on the upper part of the rack.**
9. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

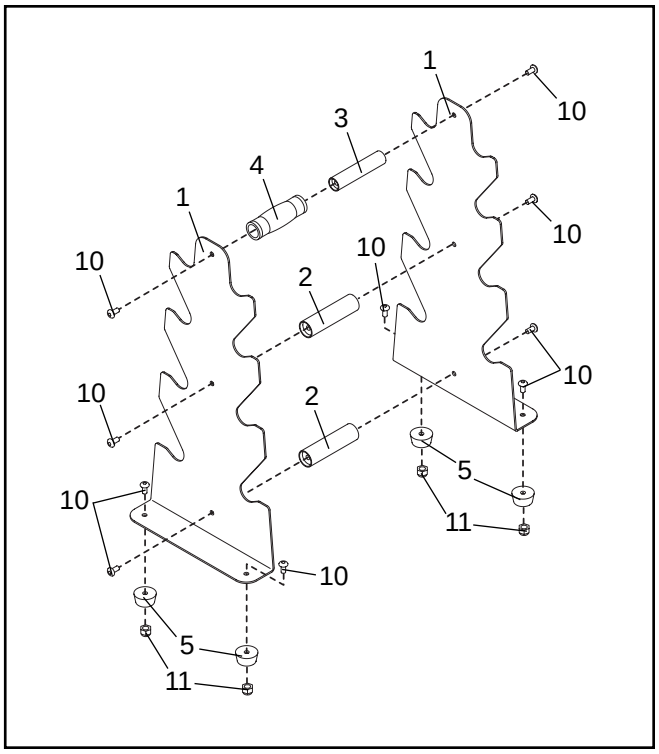
PROFORM is a registered trademark of ICON Health & Fitness, Inc.

ASSEMBLY

Attach the four Foot Bumpers (5) to the two Frames (1) with four M8 x 18mm Button Bolts (10) and four M8 Nylon Locknuts (11).

Slide the Small Tube (3) into the Handle Grip (4).

Attach the Small Tube (3) and the two Large Tubes (2) to the Frames (1) with six M8 x 18mm Button Bolts (10). **Make sure all the Bolts are fully tightened.**

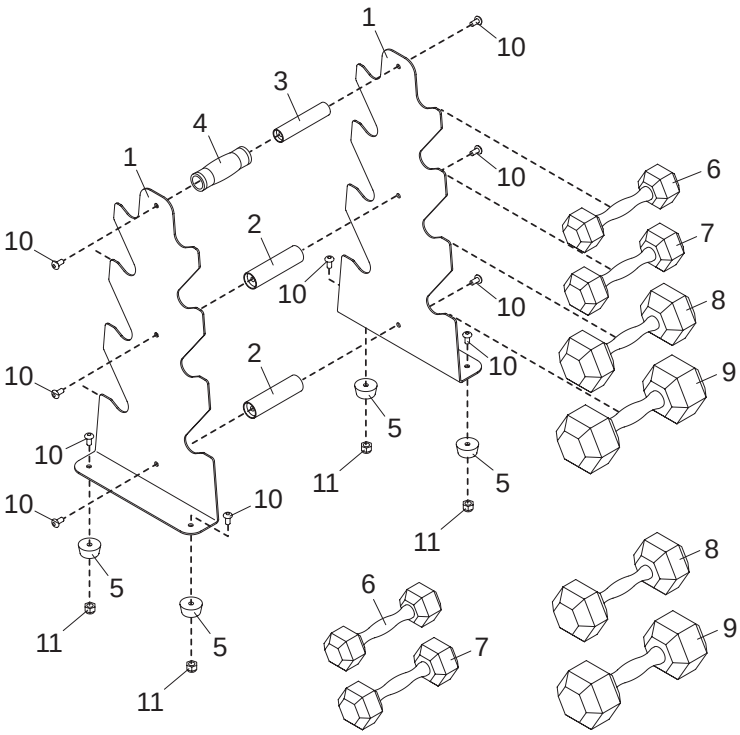


PART LIST/EXPLODED DRAWING—Model No. PFTL1354B0

R1103A

Key No.	Qty.	Description
1	2	Frame
2	2	Large Tube
3	1	Small Tube
4	1	Handle Grip
5	4	Foot Bumper
6	2	2.5-pound Dumbbell
7	2	5-pound Dumbbell
8	2	10-pound Dumbbell
9	2	15-pound Dumbbell
10	10	M8 x 18mm Button Bolt
11	4	M8 Nylon Locknut
#	1	User's Manual
#	1	Exercise Ball
#	1	Ball Pump
#	1	Allen wrench

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (PFTL1354B0)

2. The NAME of the product (PROFORM® C650 weight rack)

3. The SERIAL NUMBER of the product (see the front cover of this manual)

4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING on page 3 of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

Part No. 206531 R1103A

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